

Turkey and Sausage Gumbo

Makes: 100 servings

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Ingredients	Weight	Measure
Flour (prepared the day before)	1 lb	
Okra, frozen	5 lb	
Sausage, sliced	3 lb + 3 oz	
Onions, chopped	3 lb + 8 oz	
Celery, chopped	2 lb	
Green peppers, chopped	2 lb	
Canned whole tomatoes, chopped		1 #10 can
Garlic, chopped		1/3 cup
Parsley, fresh	1 1/2 oz	
Creole seasoning		1 Tbsp
Bay leaves, whole		2 each
Chicken or turkey stock, fat skimmed		1 gal + 3 qt
Cooked boneless turkey roast, cubed	10 lb	
File powder (optional)		2 Tbsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	157	
Total Fat	4 g	
Protein	19.1 g	
Carbohydrates	10.5 g	
Dietary Fiber	1.65 g	
Saturated Fat	1.5 g	
Sodium	246 mg	

Directions

1. Place flour on a sheet tray. Bake in a 350°F oven for approximately 3 hours. Stir every 1/2 hour. Browning the flour is the first step in making a fatless roux. Refrigerate until needed.
2. Place okra on a sheet tray. Bake in a 350°F oven for 30 minutes.
3. Saute sausage on medium heat. Remove any excess fat.
4. Add onions, celery, and green pepper. Cook until onions are transparent.
5. Add chopped tomatoes. Simmer 5 minutes.
6. Add garlic, parsley, Creole seasoning, Tabasco, and bay leaves. Add stock.
7. Add roux (browned flour) gradually, stirring constantly.
8. Add turkey. Stir thoroughly.
9. Add okra and stir. Simmer gumbo for 30 minutes on low heat. Remove from heat. Add file (optional).